

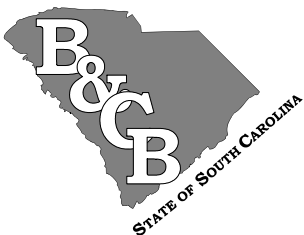
# HEALTH

## Stroke Risk Factors

The more risk factors a person has, the greater the chance that he or she will have a stroke. Becoming informed about stroke risk factors can help you to make necessary lifestyle changes that may decrease your chances of having a stroke.

### Risk Factors

- **Increasing age:** The chance of having a stroke more than doubles for each decade of life after age 55.
- **Male sex:** Overall, men have about a 19 percent greater chance of stroke than women.
- **Prior stroke:** The risk of stroke for someone who has already had one is many times that of a person who has not.
- **Heredity and race:** The chance of stroke is greater in people who have a family history of stroke. African Americans have a much higher risk of death and disability from a stroke than whites, in part because blacks have a greater incidence of high blood pressure, a major stroke risk factor.
- **Hypertension:** Hypertension is the most important risk factor for stroke. Stroke risk varies directly with blood pressure.
- **Diabetes Mellitus:** Diabetes is an independent risk factor for stroke and is strongly correlated with high blood pressure. While diabetes is treatable, having it increases a person's risk of stroke. People with diabetes often have high cholesterol and are overweight, increasing their risk even more.



**STATE HEALTH PLAN PREVENTION PARTNERS**  
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